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MIDDLE AGE — THREAT or PROMISE?

BY HARRY MILT

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MIDDLE AGE – THREAT or PROMISE?

BY HARRY MILT

Mr. Milt is Public Relations Director for the National Association for Mental Health. He is co-author with Dr. George Stevenson of the recent book, Master Your Tensions and Enjoy Living Again, *and author of the booklet,* Basic Facts About Mental Illness. . . . *The drawings in this pamphlet are by Richard Shelton.*

Middle age should be a time of great contentment and peace of mind. The woman has raised her family and the man has reached a high point in his career. The big struggle is behind them, and they should now be able to relax and enjoy life.

That's the way it should be, but that's not the way it is. For a great many people middle age brings, not peace, contentment and relaxation, but increased anxiety and tension, moods of depression, agitation and irritability, bitterness and pessimism and a dozen different physical ailments.

How do we explain this paradox? To an extent, it may be explained by the physical changes which take place in middle age. The nervous system starts to lose its adaptability. The system as a whole begins to lose its full capacity to take disappointment, frustration and emotional shock.

But this is only part of the picture.

The basic cause for tension in middle age is the same as it is at any other time in life, and that is emotional insecurity and threat. Like all other stages of life, middle age has its own special problems which undermine emotional security and cause anxiety and tension.

While middle age is a time of fulfillment, it is also, for many people, a time of "end." They have achieved their goals in life, so for them a major part of life is over. If no new goals have been established and there is nothing else of importance to turn to, then feelings of being unneeded, useless and unimportant develop, and the middle-age blues set in.

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the active years

When adult life begins, there is all the excitement of romance and marriage; the plans for a home and children, for a job and career. The future is so far in the distance, and there's so much of it ahead.

Then come the children, with joys and worries; the first steps and the first words, the first childhood illnesses; the first bills to meet and the first loans to make. From then on it's a whirlwind of housework for mother and pushing ahead on the job for dad; of feeding problems, birthdays and school-beginnings; of report cards and music lessons; of raises and promotions and job changes; of moving from one place to another; of measles, mumps and whooping cough; of quarrels and making-up.

The whirlwind never stops as the children grow and life sweeps on with its confirmations and graduations; its parties, visits, outings, summer places; its new furniture, new homes and new cars; its new promotions and wage increases. And then a new stage in the life of the children brings a new phase into the life of the family. They enter high school and start dating, going steady, driving cars, preparing for college and work. After that, the excitement and scurrying around that comes with engagements, showers and wedding plans.

then suddenly — middle age

Then comes the day when the last one is gone, when the excitement is over, when there is a stillness and emptiness in the house. And on the job there is a weariness, a let-down, and a feeling that the final corner has just been turned.

All of a sudden the years are gone like a dream, and there, without any warning, is middle age.

for women —the empty nest

For the woman this is a particularly difficult time, especially if her family has been her whole life and if there is little with which to fill the emptiness.

Amelia was sure this would never happen to her. When her older sister warned her of troubled days ahead, she snorted. "Not me. I can't wait till they're out of the house, so I can have a little peace and quiet and spend some time on myself."

The first few weeks after Lillian, the youngest, went off on her honeymoon, were a delight. After breakfast, Amelia would go back to bed and sleep as late as she wanted. Then she'd get up, tidy up the house, visit with this friend or that, watch television, read a magazine, or drop into a movie. That still left plenty of time for shopping and cooking. When she felt ambitious, Amelia pitched into a project like making new drapes, recovering the furniture, or sewing a dress. Several afternoons and evenings a week, she would drop over for a visit with her two older children Agnes and Ted.

That was the life, and so far as Amelia was concerned, it could go on forever. But it couldn't and it didn't. Soon she ran out of little projects, and the steady diet of television, magazines and movies palled on her. She also noticed that her friends, most of whom still had children at home, were not quite so eager to see her. And with her own children, too, she noticed that her welcome was beginning to wear thin. One day, Agnes blurted it out: "It isn't that we don't want you to come, Mom, but David and I do have so much to do, and we do like to have a quiet evening by ourselves, and. . . ."

This was perfectly reasonable and Amelia knew it. But that didn't lessen the heartache and pain of the rebuff. That night she poured out all her loneliness and bitterness to her husband: "All the years I slaved for them and tended them and worried

about them. All the things I denied myself to make them happy. All the love I gave them. Now they don't have a few minutes for me. They don't even want me around."

In the days that followed, Amelia sat home a good deal and brooded. No matter how long and how hard she reasoned with herself, she could not fight back an unbearable realization: The children were no longer a part of her life, and there was little room in theirs for her. Looking back over the past, she saw nothing but the disappointments and trouble she had suffered. Looking ahead, she saw nothing but dull, planless years leading hopelessly to an empty old age.

Then her husband and friends began to notice how disagreeable and irritable she was becoming, and how she had lost her sense of humor. Soon she began to develop migraine headaches, insomnia, dizziness, palpitations and severe hay-fever attacks.

Fortunately for Amelia, one of the doctors she went to see about her ailments spotted her condition as a severe case of middle-age blues and referred her to a psychiatrist. Today she is still under treatment, but coming along very well. She is now beginning to feel that although one important part of her life is over, there is still another important part of it to live.

the menopause

Because middle-age blues often develop around the time of menopause, they are mistakenly considered as an inevitable product of the bodily changes which take place in women at this age. But it is not so much the glandular and the other bodily changes which cause the moods of depression, but rather the disturbing feelings and thoughts which this change of life stirs up.

Many women still have the mistaken idea that menopause brings an end to sexual interest and gratification. The thought of losing this source of pleasure is very upsetting, as is the fear that this will hurt marital relationships. Those who still hold this belief should be assured that it has no basis. Sexual interest and satisfaction may continue for many years beyond menopause — and generally continue longest with those women who have had love and romance in their marriage and who have maintained a healthy and positive attitude toward sex. Interest in sex will tend to diminish soonest in women with strong inhibitions.

While menopause does not bring an end to sex, it does bring and end to child-bearing. The bearing and mothering of children is so basic a part of a woman that the knowledge that it is coming to an end can be very severely upsetting. Even though she may not want any more children, it is a shock for a woman to realize that soon she will not be able to have any. It is the inevitability of the "end" which is so disturbing.

An additional complication is caused by the fact that the husband's ability to create offspring continues after the wife can no longer bear any. This tends to make the wife feel "lacking" and "inadequate," and fearful that her husband may now want a younger wife.

for men — career fulfillment or dead end

The middle-age emotional troubles of men are quite similar to those of women. Just as women put their whole lives into their families, men put their whole lives into their careers. Then if

success is achieved, they have a feeling that something very important has been taken away from them. The dragons have been slain and the castles captured. The dreams and visions have become a reality. Now, what is left? With no new goals to strive for, they lose their zest and ambition. And when drive and inspiration fade, they are apt to be replaced by aimlessness, hopelessness and despondency.

The one thing Floyd D. wanted more than anything else was to "get to the top." His drive moved him up the ladder, not quickly, but steadily. At 35 he was a junior executive in his firm's promotion department. At 40 he was assistant director of promotion and advertising. At 46 he became the director. This, for him, was "the top." He had gone as far as he wanted to go.

One year after taking the post, Floyd was asked to resign. Here is what happened in between:

The first two or three weeks on his new job, Floyd seemed unusually quarrelsome and irritable. This was viewed as a natural reaction to the new pressures, and everyone waited patiently for him to get adjusted and settle down. But instead of getting better, it got worse. He picked on his assistants and drove them mercilessly. He engaged in bitter and noisy disputes with other department heads. Alternating moods of anger and depression became a daily affair, and he took to drinking heavily. The general manager called him in several times and tried to straighten him out, without success. Finally the personnel department took up the case and tried to get Floyd to see a psychiatrist. When he refused, he was asked to resign.

Bitter, resentful and bewildered, Floyd found another job with a much smaller firm, but in no time, he was in trouble there, too. There is no telling how far he would have sunk had not something drastic happened to shake him. Just about this time, his wife was in a terrible automobile crash that killed two people and left her seriously injured. For two weeks she hung between life and death, and then in the following six months she underwent a series of major operations.

The effect on Floyd was shocking and sobering. He became so involved in worrying about his wife and the children that he forgot to worry about himself and his career. It was this that helped him to pull himself together.

Floyd got into trouble because he felt useless after reaching the peak of his career. Other men suffer emotional disturbances because they arrive at middle age without having achieved success. Not everyone gets to "the top," or even part way to the top.

A hundred different things can stop a man from going where he wants to – sickness, accidents, prejudice, marital problems, financial troubles, war, economic depressions and others. Any of these circumstances can break up a man's career and force him into a field he doesn't like. Or they may box him into a dead-end in his chosen field and keep him from going any further.

A man in this position can keep hoping and trying so long as he is still young. But when he gets to be 50 or more, he is faced with the unchangeable reality that time is starting to run out and that the opportunities are getting fewer and fewer. This can be shattering to the morale.

decline of sexual vigor?

Disturbing also is the awareness that one has passed — or is about to pass — the physical peak of life, and that from now on there will be an unavoidable decline. Most men are ready to accept, without too much fuss, the creaks and aches and pains, the lessening vitality, the increased frequency of physical ailments. But few will take gracefully and with resignation the knowledge that in a number of years there will also begin a decline in sexual vigor. It isn't so much the anticipated loss of sensual pleasure which bothers them, but rather the fear of a waning "manliness." Confronted by this threat to their self-esteem, many married men will seek to reassure themselves by undertaking a number of sexual adventures.

Married women, too, are confronted by the same kind of problem. As they see the physical signs of advancing age, they begin to wonder, "Am I still attractive? Am I still a woman?" — and then some of them look for the answer in an ill-considered affair.

While an adventure of this kind is bound to provide some bolstering for the shaky ego of a middle-aged man or woman, it is bound also to arouse disturbing feelings of guilt and to stir up deep emotional conflicts, especially where the marriage has been a happy one.

If there is no other major activity or interest through which this restlessness and self-doubt can be relieved, then there is likely to be grave disturbance in the relationships of couples, who, until then, may have spent 20 or 30 years together as happily married people.

MIDDLE AGE — A GATEWAY

Middle age *can* be a dead end and it *can* be filled with tension, bitterness, resentment, frustration and remorse. But it doesn't have to be. It can be a gateway to new meaning in life, to inspiration and creativity, to many years of enjoyable living. It can be, if you are willing to take the trouble to make it that.

If old goals have been achieved, and old interests have faded, then new interests must be cultivated and new goals established. If life no longer provides the satisfactions of youth, then new pursuits must be found.

time for new interests

New interests, new goals, new motivation may be found in many ways – in service to others; in new knowledge and the development of new cultural pursuits; in community activities; in the cultivation of old and new friendships; in the return (for women) to outside jobs or in the starting of an exciting business.

As you contemplate your own situation and wonder what you are going to do about your own middle age, there is one thing you can be sure of: There is no easy way to contentment in middle age, just as there is no easy way to contentment in childhood or adolescence, in early life or marriage, in home life or work. But there *is* a way. Millions of people have found it, and you can too by doing just what they did.

One of the best ways to shake the middle-age blues and to find new meaning and purpose in life is through service to your community. In serving others, you give, but through giving you gain. In the hustle, bustle, and striving that takes place in our lives between 20 and 50, there is, unfortunately, too little time for service to others. But when the struggle and striving subside, then is the time to make good the promise: "I'll do it the first chance I get."

. . . service to your community

In middle age you have more time to give to your community. You have experience, wisdom and maturity. There are dozens of organizations that need you: the health and safety organizations working to combat killing and crippling diseases and accidents; the civic organizations working for the elimination of religious and racial discrimination, for honesty in government and politics; the charitable organizations working for the support of hospitals

and shelters for the sick and needy; religious organizations working to spread faith. And don't overlook the political party of your choice. If you are to have an honest, progressive, constructive government – local, state, or national – citizens like yourself must be prepared to give time and effort to see that the best men are elected to office.

And even though your own children may have outgrown the need for mothering and fathering, there are other children who haven't. You can transfer your affections to youngsters in the Boy Scouts, Girl Scouts, Camp Fire Girls, boys' clubs, and girls' clubs. You can help organize and direct young people's social and athletic activities in settlement houses, churches and schools.

recreation

If you had to give up books, music, art, the theatre and concerts because life was so hectic, now is the time to revive these interests.

No longer do you have to look hungrily at the best-seller lists and sigh: "If I only had the time." Now you can go out and buy the books, or borrow them from a library and read to your heart's

content. If you're the kind of person who has difficulty in getting started, it would be a very good idea to join a book plan which will "feed" you the best and latest literature regularly. Or else join a book discussion club at your church, your community center or library.

If your interests run to music, there are all sorts of concerts to go to. And if there aren't, you can now hear the finest music in the world over the radio. Even better, you can start building your own music-record library. The newest developments in listening — "hi-fi" and stereophonic sound — bring the concerts right into your home; but you don't need to have a $1,000 instrument to get enjoyment out of music. Most radio and television sets have phonograph "jacks" and the sound system in the average good set is adequate for all but the most critical ears.

Is your old piano or violin or clarinet gathering dust? Then why not brush it off and start taking lessons again? And if you've never played an instrument, what's wrong with starting to play one now? You may never become a concert artist but you'll get a great deal of enjoyment and a fine feeling of accomplishment. And that goes for painting, too. Thousands of people who never knew anything about painting are now taking it up and getting a great deal of relaxation and enjoyment out of it. If you can get instruction in painting through a private teacher or through an adult education course, fine. If not, the art store which sells you the paints and canvas will also have books with instructions. And there is nothing to stop you from starting to paint without any instruction at all. That is what Grandma Moses did, and she started at 76!

There will be time, too, to become reacquainted with the joys of the great out-of-doors. Perhaps you like fishing, but you never seemed to get around to it. Now you can find out what you have been missing. And even if you are repelled by the thought of chasing elusive and slippery fish, you — and your wife — may enjoy camping in the many state and national parks scattered across the country.

hobbies

Hobbies are a wonderful source of new and varied interests. If you have no special hobby and want to start one, you can pick out any one that you like from a list of the courses taught in adult education classes at most high schools and colleges. Here is just a sampling of the hobbies taught in these courses; ceramics, woodworking, sewing and fancy needlework; jewelry-making, metal crafts, leather crafts, interior decorating, languages, painting, photography, musical instruments, fancy cooking, artistic wood-finishing and design. If you cannot get to an adult education course in the evening your library will have dozens of "how-to" books on all sorts of hobbies.

Andrew's new life

Andrew found in a hobby a gateway not only to new interests, but also to a completely new life.

At the age of 48, Andrew was licked, or at least, that is the way he felt. For 22 years he had been working as a draftsman in an architectural firm. While he enjoyed the work, it wasn't really what he had wanted to do. As a youth he wanted to be an architect but had never gotten the chance because he had to go to work right after high school.

Eventually he took some technical courses and got a job as a draftsman. It made him very bitter to see other young men who had had college training come in as junior architects and then move on up the ladder. His bitterness smoldered for years and then burnt out, turning into a dull resignation. His feeling of defeat couldn't help but affect his family, and while his wife and children loved him, their love was heavily mixed with pity, even some contempt.

One day Andrew was glancing over a PTA newsletter that his son had brought home from high school. A list of adult education courses caught his interest, especially one on ceramics. As a boy he had toyed around with ceramics as a hobby, and he decided to enroll in this course.

From the very first day he took a strong liking to the work, and in a short time he discovered that he had talent for artistic decoration of pottery, tile, and other ceramic objects. Then he learned that the instructor operated a pottery shop in which he sold his own creations as well as "seconds" of fine pottery lines. This fanned Andrew's interest and he went about finding out everything he could about the pottery retail business.

A year later he convinced his brother to invest with him in a combination ceramics and pottery-sales retail business. Andrew quit his draftsman's job, and took over the management of the store. During the slow hours and in the evening, he worked a kiln in the rear of the store, and decorated the objects he made.

Two years later, he moved to a new and larger store. Three years after that he was operating a large and successful business.

In addition to everything else, Andrew had learned that when you "sit still," nothing happens. If you want something to happen, you've got to stir around. Today, the opportunities for new and exciting experiences in learning, recreation, work, and hobbies are so many and so varied that with just a little effort and initiative almost anyone can find something to revive his zest for living, even to break out of a dead-end.

. . . back to work

Many young women, when they get married, give up a job or profession they thoroughly enjoy, and, of course forget about it (or at least make themselves forget about it) while they are occupied with the task of bringing up a family. For these women, return to work can revive zest, interest and motivation after the major goals of motherhood have been achieved.

When Isabel was married, she continued working as a teacher in a private nursery school. After her first baby was born, she resigned and went into her new "career" with her customary enthusiasm and energy. Her home and family were a great joy to her. When she wasn't occupied with her children (there were three after a while) and her husband, she was busy in the

garden, or sewing curtains, or canning fruit, or repainting the furniture. Weekends, there were picnics, parties and trips. Life was active and full, and, before she knew it, her oldest, a boy, was off to college and her two daughters were in the final years of high school. At this point, and with hardly any warning, she began to show signs of restlessness and nervousness. For no apparent reasons, she would get into frequent and violent quarrels with her husband and children. She complained repeatedly and bitterly that her family didn't appreciate her and that they were "using" her as a drudge.

Isabel's mother, a bustling, busy woman of 75, put her finger right on the trouble. "There's nothing wrong with you," she told Isabel "that getting back into harness won't cure. You're too young and energetic to be put out to pasture. Right now you're just restless and bored."

So Isabel called the family together and held a pow-wow and the unanimous decision was: "Mom goes back to work." Isabel was eager to go back to teaching, but for this she needed a license, and she hadn't even finished college. At the age of 41 Isabel went back to college. It took her 3 years to get her degree and her teacher's license, but these were three of the most enjoyable years of her life. Then she went to work as a teacher, and she has been at it for 4 years now. In all these 7 years, says Isabel, there has not even once been a recurrence of her hostile and unreasonable moods. She has found a new purpose and goal in life, and with it, contentment.

Thousands upon thousands of women in their 40's and 50's are taking the back-to-work road to contentment — secretaries, typists, bookkeepers, clerks, salesladies, teachers, social workers, nurses, writers, interior decorators, seamstresses, shop and factory workers, receptionists, personnel workers, dental and medical assistants, laboratory technicians, and many others.

Many pick right up where they left off 20 or 30 years ago, or take brush-up courses at commercial and technical schools. Others take additional training, as did Isabel, in their old occupa-

tions, and go back in advanced positions. And many start out fresh in a course of training to fit them for new occupations.

setting up a new business

There is still another possibility, and that is, going into business. If you feel skeptical about the whole idea, we can tell you that thousands of middle-aged women without any previous experience have gone into business and made a success of it. "Going into business" doesn't need to mean anything big and pretentious. It may amount to nothing more than carrying on a modest trade in a "little hole in the wall" store. Even if the business doesn't do much more than pay expenses and a small profit, it can be very worthwhile in terms of satisfaction.

Here are several suggestions that have proved practical for women with not too much experience and with just a moderate investment to make: a knitting and wool shop, a gift shop, arts and crafts shop, antique shop, "Not New" shop and "Swap Shop," lingerie shop, hat store, insurance, real estate, answering service, mimeograph and letter shop, stenographic service, or even a baby-sitting service. Any one of these enterprises can become a big operation. But they can start small and stay small, if that's

the way you want it. And if you like selling but don't want to start a business of your own, you may find it both interesting and profitable to do family-to-family selling of cosmetics, silverware, household goods or encyclopedias.

One thing that keeps women from going to work is the fear that no one will want them when "there are so many young girls around looking for work." The fact is that many firms and organizations actually prefer mature, middle-aged women, and for very good reasons. First, maturity itself is an asset in almost any business situation. Second, women with grown children are not as likely to have their work and attendance disrupted by marriage, pregnancy and family emergencies.

you're not too old to learn

Another obstacle is the fear that "my mind has slowed down and I won't be able to do as good a job as I used to, let alone learn a new trade or profession." This bugaboo, too, is being discredited. Research studies and real life experience have shown that the mind remains alert and active not only through middle age, but far beyond it. Middle-aged people are certainly capable of relearning "old tricks," and they can learn "new tricks," too. Outstanding examples of continuing, vigorous mental development far beyond middle age are Albert Einstein, Winston Churchill, Bernard Baruch, Mrs. Eleanor Roosevelt, Grandma Moses. But you don't need to look among the stars for proof. Go into any office, factory, school or store, and you will see men and women 50, 60, and over holding down responsible positions. And in the graduate schools of any university you will find that a large percentage of the students working for advanced degrees are men and women in their 40's or 50's. No doubt you are a little rusty, and it may take you a while to pick up the new ideas and techniques which have developed during your absence. With the background of a rich life, you may find that you not only learn as rapidly as when you were younger but that you actually learn more thoroughly.

getting hubby's consent

Another big obstacle you're likely to face is your husband. There are men who just don't want their wives to go to work. When you ask them why, they'll tell you "It's just a matter of principle," but when you dig a little deeper, you'll find some very sensitive feelings.

Sybil had to wage a running battle for two years before her husband finally gave in and agreed to let her go back to work. When she first broached the subject, he flew into a rage. "I've been supporting this family in good style for 20 years and I don't need any help now." Sybil tried to point out that this wasn't the issue at all; that she wasn't interested in going back to work for financial reasons. All she wanted was a chance to do something interesting that would fill up the time and give her some satisfaction. But Emil wouldn't listen. "There's plenty to do around the house and that ought to keep you satisfied and busy." Sybil couldn't make him see that there was very little to do around the house and that she needed new interest and stimulation. She kept on raising the subject, and each time he came up with a new argument. "You'll get run down," or "You'll neglect the house," or "It'll cost me more in expenses and taxes," or whatever else came to his mind.

The conflict put a serious strain on their relations to the point where Sybil threatened to walk out. They finally agreed to bring the issue to a marriage counselor, and it was there that Emil's real fears came out. All of their married lives, he and Sybil were very close to each other. Never did either one go anywhere without the other, except when Emil went to work and Sybil went shopping. They had become so absorbed in each other that they behaved, emotionally, as one person and not as two. Therefore, when Sybil said she wanted to go back to work it made him feel shaky and insecure. "It felt as though I was going to lose part of myself. I couldn't stand the idea that she would be leading an existence independent of me. I just didn't want to share her with anybody else."

He admitted also that his fears had taken a jealous turn. "Sybil is still very attractive and intelligent, and I didn't like the idea of her being around other men." The knowledge that his wife was still very much in love with him did nothing to appease his jealous fantasy.

After many sessions with the counselor, Emil's opposition diminished and he finally agreed to give it a try, but not without misgivings.

A year later Emil dropped by for a friendly talk with the marriage counselor. "It's the best thing that ever happened," he admitted. "I don't remember when I've seen her so zippy and alive. Sure the meals aren't what they used to be, and the house isn't exactly spotless. But Sybil is happy and loving and that's more important than anything."

If you have trouble in convincing your husband, it might not be a bad idea to tell him about Emil's experience. This may not do the trick right off, and there may have to be a lot more discussing and explaining. But if he is at all a reasonable person, he will eventually see it your way and agree.

As you talk to your husband about the subject, keep in mind the fact that while his objections may not sound reasonable to you, they are very real and reasonable to him. It will do no good to try to shout him down or to fight him. Even if you have your way, it may not turn out for the best unless you also have his understanding and approval.

THE CHALLENGE!

Thirty or forty years ago, people were "old" at 50. Today the average person of 50 is still young in body and spirit and is capable, biologically, of a great deal more living. But, unfortunately, social and educational progress have not kept up with the medical progress and technical progress which have given us more life to live and healthier bodies to live it with. Our young people are urged at every turn to start investing early in annu-

ities, so they will be economically secure when middle age rolls around. But no one is yet doing a planned and thorough job of teaching young adults to invest extra time and energy in the development of varied interests and pursuits which will be there, fully matured for them to enjoy, when they reach middle age.

look ahead

On their own, young people will just not look ahead and plan ahead to middle age. It is this failure to prepare early that accounts for so much misery later on. It isn't that they don't want to do the sensible thing; they do. But they're so busy meeting life's immediate demands and squeezing out whatever pleasure they can right now that they just have no time to tear themselves away and to do a little thinking and planning for the future. Then, when middle age rolls around, they find themselves drifting aimlessly, with nothing important to occupy them, without any direction or purpose – easy prey for the middle-age blues.

The people who have the most emotional trouble in middle age and old age are those who have concentrated their lives on a single goal, developing no other interests.

The way to avoid this is obvious. Don't let your absorption with your main life tasks force out all other interests. Diversify your life. Become involved in activities which will keep you interested and moving after your main life goals are accomplished. Don't cut just one big channel into which all your life energy will flow. Cut a number of channels, early in life, and let your life energy pour into them. Then when you come up against one dead end at the age of 50, many other avenues will still be open.

If you have already reached the middle years, then the task will, of course, not be so easy. There will be inertia, and weariness, and possibly even a feeling of hopelessness. But if you can keep before you the thought that millions of other people have done it, and if you can keep before you the image of how won-

derful it would be to rid of the grey, dull feeling, and to be alive again, full of the urge to explore, to enjoy, to find gratification and contentment – if you can do this, then you will inevitably be drawn to take a first step which will put you on the road to a new and wonderful stage of life – a rich and happy middle age.

There is practically no limit to the number of gateways leading to a renewed feeling of usefulness and purpose in middle age and after. It just takes a little effort to find these and to replace the middle-age blues with contentment and happiness.

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